



## Breastfed Babies Need Vitamin D Supplementation

While breastfeeding is the recommended method of infant feeding and provides infants with important nutrients and immune factors, breast milk alone does not provide infants with adequate vitamin D.

The American Academy of Pediatrics (AAP) published guidelines for vitamin D intake, recommending that all breastfed infants have a minimum intake of 400 IU of vitamin D per day, beginning during the first few days of life

### Risk Factors for Vitamin D deficiency:

- Northern latitudes, especially during winter and spring
- Limited sun exposure
- Regular use of sunscreen
- Dark skin
- Obesity
- Extensive clothing cover
- Aging
- Malabsorption syndromes (cystic fibrosis, cholestatic liver disease, inflammatory bowel disease, short gut syndrome).

Adequate amounts of vitamin D can be achieved by liquid supplementation containing 400 IU of vitamin D (without any other vitamins). These products are available over the counter. (Items shown below are some examples.)

If an infant is weaned to vitamin-D fortified infant formula (consuming at least 32 oz/day) or the child is weaned to vitamin-D fortified milk at 12 months, then further supplementation is not necessary.

